



# PREHABILITATION PROGRAM



At Your Health Navigator relationships are at the heart of the best care. We offer guidance and service beyond the standard in-hospital and in-home support. Following your telephone conversation with our Registered Nurse, you have been referred to our ***Prehabilitation Program.***

Our Physiotherapist-led exercise program takes a proactive approach, aiming to improve your pre-surgery function which in turn positively impacts your recovery and potentially reduces post-surgery complications. The program cost is fully covered by your private health fund. With regular contact from our clinicians, you will be consistently encouraged to stay on track with your health care requirements, empowering you to get the best possible results.

Understanding your social, emotional and physical needs is what matters most to us and we consider it a privilege to be able to provide you with guidance and support.



**your health  
navigator**

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